



TOP 10 REASONS YOU SHOULD OWN A DOG

Dogs are widely referred to as "Man's Best Friend"

Their adorable faces and happy go lucky attitudes fill our lives with joy and plenty to smile about. But did you know that owning a dog can actually provide a variety of different benefits? Aside from having extra company, new friend, companion and cute thing to look at, there are more reasons why you should own a dog.

TOP 10 REASONS WHY YOU SHOULD OWN A DOG?



1. They improve your HEALTH

Research continues to show that dogs are more than cuddly companions it can also bring real health benefits to their owners.

Owning a dog and having them around can lead to lower levels of stress, decrease the risk of asthma in children and have been linked to lower blood pressure.

Having a dog improves your physical wellbeing and encourages a healthy fitness

routine. According to researchers dog owners are more active than those who don't own dogs. Dog requires daily exercise, and so do you!

Dog owners carry the responsibility of playing with and working their dogs, so it only makes sense that dog people tend to be more active.



2. They can make you HAPPIER

Study after study has shown that owning a dog can help you to maintain a more positive, optimistic perspective on life.

There are many reasons why this might be the case but author and animal expert Karen Winegar sums it up beautifully: **"The human-animal bond bypasses the intellect and goes**

straight to the heart and emotions and nurtures us in ways that nothing else can.

Who hasn't felt their anxiety fade when rhythmically stroking a dog? Plus, having a strong sense of purpose and a routine allows for stability which in turn helps fight mental illness.

3. They help you form RELATIONSHIPS

Having a dog is a great way to meet new people and create bonds quickly, especially if you're not too good at small talk.

Even going on a walk in the neighborhood can bring many new friends around and start many conversations! As your dog greets another dog, it's natural to exchange a few words with the dog's owner. It's easier to chat because you already have one common ground and having these simple interactions can help up your confidence.

4. Make you feel SAFE

Dogs can be an **effective home security system**. Studies show that barking dogs deter burglars. Just knowing that you've got a dog who can use its keen sense of hearing to detect anyone prowling around can help increase your sense of security, which is good for both your mental and physical health.

5. They teach us VALUABLE SKILLS

Dog training requires time, effort and patience – all things that are useful in other aspects of our lives. Having a dog also helps us to be responsible.

6. They are great primer for PARENTHOOD

Before you and your partner decide to have children, it may be a good idea to get a dog together first. Caring for a dog is a great way to determine what kinds of parents you will be.

7. Your kids will be less likely to have allergies.

Children who are raised around a dog are less likely to have allergies. In fact, living in a home with a dog can help kids grow up to have an increased immunity to pet allergies later in life.

8. They can provide companionship to children with learning difficulties.

Children with autism and similar learning disorders often find it difficult talking to fellow human beings, but they have no problem at all with chatting away to friendly animals.



9. They Encourage Empathy

Having something to care about makes it easier to care about other things. Having nothing to care about makes it less possible to care about anything.

10. They Show Unconditional Love

Dogs have a way of making you feel like the most important person in the world—because to them, you are.

Keeping a dog as a pet is a joy and privilege, but it is also a responsibility. **To know more about dogs visit [NationwideDog.](http://nationwidedog.com)**



NationwideDog.com, a place where responsibility and love for dogs intertwine. You will find important information about taking care of your dog. Everything from what you need to do to get yourself your first pup and how much it costs per month to take care of it to how to groom it until it grows old.